

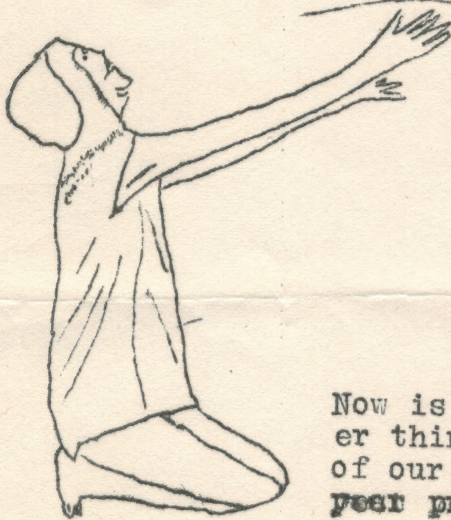


A.A.M.M. NEWS

WASHINGTON CHAPTER
AMERICAN ASSOCIATION OF MASSEURS & MASSUSES

ARTHUR DUNBAR-- EDITOR
SEPTEMBER -- 1954

MILTON A NIEDFELT--ASSISTANT
805 E. Denny----Seattle Washington



I am praying for guidance as
the head of this Great organ-
ization. I feel my responsibility
heavily.
RUTH E. WILLIAMS
National President.
A.A.M.M. 8/17/54

N-O-W I-S T-H-E T-I-M-E
By RUTH E. WILLIAMS
Our New National President

Now is the time to press onward to bigger and better things. I believe more bugs have been worked out of our organization in the past year than any one year preceeding.

NOW IS THE TIME to get in those good technicians who have not been able to join our forces thus far. We have until December 31st, 1954 to bring into the A.A.M.M. qualified technicians who have given massage for two years prior to August 1, 1954. This ban, which has been lifted for a few months, will be closed down again after Jan, 1, 1955.

NOW IS THE TIME TO write to your National Officers, stating your likes and dislikes about the A.A.M.M. pledging your full support to the A.A.M.M..

NOW IS THE TIME to do the job you have been asked to do! Next year may be too late! Have you sent in your contribution to the Legislation fund? Have you written an article for the Washington A.A.M.M. News? Have you contacted all of the qualified Masseurs and Massuses in your town for membership? If you have not done this, can you expect our organization to grow and prosper?

NOW IS THE TIME to stand together for the betterment of our American Association of Masseurs and Massuses.

Now is the time for me to tell you that I will fill this office to the best of my ability, and please God, may I have His Guidance.
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OUR NEW NATIONAL PRESIDENT --GREETINGS
And OUR WORK PROGRAM
MONTHLY MESSAGE

By Arthur Mann, Washington
State President

I will extend our congratulations to our new National President of the A.A.M.M., Ruth E Williams and to ask you all to put your shoulder to the wheel and give Ruth your moral support, as we have an extensive program mapped out for the coming year which will require the cooperation of not only the officers, but many others will be serving on various committees or if you cannot fill an office, at least give moral support to those who will be giving of their time and efforts for the benefit of all of us.

The rules and By-laws of our organization have been changed to a certain extent to meet the needs of our growing organization and will need further revising as we continue to grow.

I wish to thank all the officers and committees who have served with me in the State A.A.M.M. this last fiscal year. Working together we shall attain our goal of becoming an organization of strength and recognition.

I spoke of a list of prospective members through-out the state. The list is ready and a committee will soon be appointed who will go to the Masseurs and Massuses in their area who might like to join our A. .M.M. We have high hopes of reaching many people in this way.

We also hope to see more members at meetings as that is the only way we can get your ideas on various subjects which come up.

By Arthur Mann

The Following resolution passed our National Convention, with some slight change--- Davenport Iowa--August 1954

RESOLUTION

WHEREAS; there are individuals studying and under apprenticeship training and others who have completed their training and are in regular practice without certificates or diplomas who are interested in the massage profession, and,

WHEREAS, there is now no provision in our Constitution and By-Laws covering such individuals,

THEREFORE, BE IT RESOLVED that provisions be made to accept reputable and qualified apprenticeship trained masseurs and massuses who have had two years of active practice as associate members-with all privileges except voice or Voting Rights. After a period of two years of membership in the American Association of Masseurs and Massuses and having demonstrated their ability as to qualified and reputable technicians, they may make application to the National Board of Directors for regular membership.

This resolution shall be in force until the next National Convention or until an ammendment to the Clnstitution and By-Laww will be presented for ratification by the Convention embracing the provisions of this resolution effective on passage.

This Resolution passed the National Davenport Convention August 1954, with some slight change.

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By Milton Niedfelt

Probably one of the most exciting thing that took place at the National Convention was the election of Officers. The Nominating committee were made up of Arnie Glavind, of Vancouver B.C.--Evelyn Schubert of Waterloo Iowa-- Mrs. Deepe Johns from Halderidge Nebr, --and Martha Savills, from Virginia, (maybe one other)

After a lot of effort trying to find out who would be the best persons to be officers of the National A.A.M.M. the committee, report was made by Evelyn Schubert of Waterloo Iowa; as follows.

For President--- Mrs. Florence Taylor of Spokane Washington,
Mr. Samuel Dahlgren of Fargo North Dakota

For 1st Vice Pres --Floy Brownley of Davenport Iowa
Emma Coates of Welasco Texas

For 2nd Vice Pres. Delbert Vincient of Providence Kentucky
Martha McLeod of Georgia

For 3rd Vice Pres. Vera Setty of Chicago Indiana
Harold Collins of Kearney Nebraska

For Secty-treas D.S. Carlson of Rome Georgia
Arthur D. Melson of Joliet Illinois

For Directors

1. Gladys Weiler Norfolk Nebraska
2. M.C. Mulchy of Columbia Missouri
3. Mildred Warens of West Alis Wisconsin
4. Mary E. Howells of Canton Illinois
5. Carl Wray of Englewood Colorado
6. Theo. Norby of Grand Forks North Dakota
7. Mildred Hansen of Des Moines Iowa
8. Ruth Williams of Kennewick Washington.

And THIS IS WHAT HAPPENED.

..... nominated Ruth Williams from the floor and it was seconded by Martin Weinrich--- this left a vacancy for Director and another director withdrew, Two directors were then nominated They were Ann White of Massachussetts, and Martha Savills of Virginia

Election followed with the following count. Florence Taylor 10--
Sam Dahlgren 13--Ruth Williams 22-- For Vice Floy Brownlie 28--
Mrs. Coates 15---2nd Vice Delbert Vinciant 27;Martha McLeod 13--
3rd Vice Verra Setty 12--Harold Collins 30 And
Directors Gladys Weiler 31-- M.C. Mulchy 13--Mrs. Mildred
Warens 11;Mrs Mary E. Howells 26; Mr. Carl Wray 6; Theo Norby 18;
Ann White 29; Martha Savills 29.

From the above figures it means that Ruth Williams is National Pres;
Flo Brownlie 1st Vice; DelbertVinciant 2nd Vice; Harold Collins 3rd
Vice. ---D.S. Carlson National Secty-treas---- and four members of
the Board of Directors Gladys Weiler; Mrs. Mary E. Howells; Ann
White; and Martha Savills. By M Niedfelt

OUR NEW CHIEF

By Milton A. Niedfelt

It would be unwise for this paper to avoid saying anything about the election of the National President. Yet facts are facts and, your Editor and delegate feel that some-thing must be said.

First and foremost Mr. Alexander failed to appear. A searching public question from the Chair revealed that Mr. Alexander had not made

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proper effort to provide for the emergency/ Thereupon Mrs. Florence Taylor took charge of the meeting, without preparation to meet the emergency.

The history of Mrs. Taylor reveals that she is a charter member of the A.A.M.M. She has served in several offices both state and National and local. For several years she has served as National First Vice President. She has spent a great deal of her own money and time attending to National Conventions and served and did a great many things for the Association.

When election time came the Nominating Committee put Mrs. Taylor as Candidate for President, and also Mr. Samuel Dahlgren of Fargo North Dakota. Mr. Dahlgren was at the Spokane National Convention, and when he returned home he dug right in and began organizing North Dakota. He obtained a State Charter for North Dakota and arrived in Davenport with a number of delegates to represent his state.

Then directly from the floor Ruth Williams from Washington State was nominated. Ruth Williams on several occasions had been in the lime light---- In the Chicago Convention, when it was found that there was no music, Ruth started to play the piano, and made an enjoyable evening out of what would have been a failure. In Spokane she made herself likeable by entertaining the Pre-convention gathering, playing games, and helping people get acquainted. At the Davenport Convention she again undertook to play the piano, and played the part of a mixer, and entertainer, and wherever Ruth went she broadcast a smile, joy, encouragement, and good feeling.

Here we have three people from which to select. Mrs. Taylor who was serious and laboring--Mr. Dahlgren also a hard worker but a new member--- and Ruth Williams who got around and got acquainted and made people feel at home.

The question has been asked of your delegate, and editor numbers of times "How did Ruth Williams get elected." The only answer I can make from rumors that I heard was the voters wanted someone that was easy to get along with.

Now that Ruth Williams is elected, we hope that she will be as good a President as she is a mixer and entertainer. So we all hail the Chief, our New President Ruth Williams of 26 East 3rd Ave Kennewick Washington---We doff our caps to her high Office and we unite around the program of our Association. We are expecting a lot of Ruth, It is our job to see that Ruth is a good leader, and it is Ruth's job to see that we are co-ordinated in our work and that we are all kept busy for the program of the A.A.M.M. God bless you, and Good luck Ruth. And we expect you to do the leading, and the pushing.

By Milton A Niedfelt. Asst Editor

Thanks for the Help

The following people sent in financial contributions to our A.A.M.M. News this month Samuel G. Dahlgren-- Harry J. Martin, Joe Heisler, Blandford Jones, Arnie Clavind.

TO OUR MEMBERS; It is time our members pay their dues now... 1954-1955 Dues are now payable--

Seems to me that this should be a joint report of all the delegates that went to the Convention in Davenport, but since that is impossible I feel that I should make this report. A wire recording was also made and possibly our members can sometime listen to this recording.

The convention was opened by Prayer, a Flag Salute, and a talk by the Mayor, and an answer by Dr. Brooks. Then the reading of the minutes and acceptance of the minutes. Soon we went into new Business.

Probably the first thing that was taken up was a proposal from Mrs. Gladys Weiler of Nebraska, She wanted to change the name of our Association. A chorus of voices rang out "NO" from the floor.-- and then seeing that this was the decision, Niedfelt moved that the resolution be tabled, and this was done and we were on to new business.

About this time our resolutions from Washington Vancouver Convention were taken up. You will remember (1) That a Convention shall be held every three years. (2) That no member shall be elected to hold office who got the greater portion of his income from other than Massage (3) This Resolution on "Proxie Voting".....

These resolutions were read, and were discussed on the floor, and certain criticisms developed. First it developed that this was a plan. That the plan was to change the Constitution and that all three proposals should be considered together. That the plan really meant that instead of a democratic Organization meeting in Convention each year that what these proposals meant were that only a few would meet once in 3 years and run the Organization with little or no democracy. The second objection was that not being Resolutions and really being Ammendments to the Constitution, there was no thorough study made, and no co-ordinated place indicated where changes were to be made in the constitution. Your delegate then fought to get a Committee appointed to make the required references and changes and bring back onto the floor the proposals re-written and in an acceptable form. They were then referred to a Committee of Arnie Glavind, and Mr. Samuel Dahlgren and were re-introduced the next day.

The second resolution that no member can hold office who derives most of his income from other than Massage work was changed to read "Devote most of his time to other than Massage work". and it seemed for a time that this resolution would pass and most everyone seemed to agree, however Mrs Gladys Weiler from Nebraska was out to see that none of our resolutions passed, seemingly because her proposition to change the name of the organization was tabled by yours truly. So Mrs. Weiler said that we "DON'T NEED OUR CONSTITUTION CLUTTERED UP WITH AMMENDMENTS"---We already have a provision quoting Art 2 on pg 9 of the By-laws showing that these salesmen should not even be members not alone elected to office! So this killed our proposition 2 above.

When the committee brought in their findings they asked that our proposition on "PROXIE" be held until next convention, on the grounds that if we had only a proxy organization that personal relations etc. would be very much limited. That our Organization was built on the
See Pg 76

theory and song that we sung; that the more we get together the happier we will be, That carelessness in setting up a "PROXIE" system would make other people feel that they were not wanted at the Convention, and that their ideas and help would be automatically ruled out. So on advise of the Committee this was not urged at the business meeting, and besides that for this session half of the voting was all over by the time this could be enacted,

As to dividing the Country in three divisions for organizational purposes, that was an administrative matter and could be done without changing our Constitution. It was pointed out that Try-State meetings were encouraged, and so if we wanted to have sectional meetings that there was nothing wrong with that.

But the Committee brought in a resolution that each National Vice Pres. would be responsible for organization in such third arrangement, was rejected, and other plans devised and passed.

It was also brought out that this plan of dividing the country into three parts with a vice president in charge of each part had been brought before the convention before and been rejected.

Your deleigate worked hard to get your proposal enacted but failed to get them passed. However the main PROBLEMS OF OUR ORGANIZATION was brought out very clearly. The problem of long journeys to the Convention and few representatives from far away palces that were entitled to more than one vote in the Convention. This problem may very well be the nemisis of the next Convention. and I am sure Mrs. Ruth Williams will have a headache wodnering about the solution to this one.... Some of the rest of us must also think about this and help get the answer.

Probably the provisions made were superior to our proposals. First Mr. Carlson had a plan, that was adopted. ---There were National Committees set up on several subjects such as a Committee on Constitution and ByLaws---Legislative Committee, Nominating Committee Ethics and Registraration---Schools and Colleges---Public relations---Editors --Advertising---Placement---Membership and Organiztion and Welfare..

When these committees get to work, and do a good job, then much of what we want done in our Washington Plan will be done anyhow, by another method.

There were a number of resolutions passed. Provision was made for persons not having a diploma who have worked two years or more at Massage work to become an ASSOCIATE MEMBER. After two years as an associate member, and if they are still working at Massage work, they may be taken in as regular members. Therefore friends take advantage of this and get your Associate members in now--- Use a regular application blank and mark it "ASSOCIATE MEMBER"

A resolution passed instructing the Secty-treas to accept \$5.00 for dues from persons outside of the U.S. until provisions can be made in the constitution.

A proposal was also passed that we would have a NATIONAL REGISTRY OF
See Sheet 77

MASSEURS AND MASSUSES--Somewhat copied after the Registry of Nurses, After a Technician has been a member of the A.A.M.M. for three years he will be issued a REGISTRY CERTIFICATE (without cost) Each Year that he pays his dues this registry certificate will renewed (without cost)

On several occasions Mr. Bloom our State Secty-treas was mentioned as being the most profoundly good secretary reporting to our National Secretary. Hurray for Mr. Bloom! The entire convention clapped their hands.

Another proposal that carries a lot of weight was that No officer State, Local or National could hold the same office more than three years consecutively. He could hold other offices, and later be returned to the office he had previously held, but not for more than three years at one single stretch. This does not mean appointments. It means elected officers.

A resolution was also adopted wherein the A.A.M.M. can get Mal-practice insurance at a much reduced price, to those that want this kind of insurance. The Illinois Chapter already have entered into such an agreement, and this company will now extend this contract to the entire membership.

Another decision that was made is that in next years Souvenir Program each member will have beside his name the kind of practice he performs, for instance if he gives colonics a "C" may be entered, if he has diathermy "D" may be entered, if it is Swedish Massagesome symbol indicating Swedish Massage will be entered. This is somewhat like the "MEDICOS" in some respect. A specialist for the eyes, nose, and throat-- Kidney Specialist--- or a heart specialist etc.

Carl Brooks has agreed to put out the "MASSEUR" for another year provided he can get \$50.00 per issue for doing all the work. The material and postage will be extra... Well lets get some more members and everything will come out alright... This proposition was gladly accepted.

Explanation was made of the \$85.00 item for auditing the National Sec-treasurers report; That this was the Standard price for this kind of job in the State of Georgia.

After each business session we has some excellent demonstrations, On Friday evening we went for a Boat ride on the Mississippi River, which was beautiful and refreshing, and Saturday night we had the fine banquet and aroom full of guests, and Mr. Briese sure kept us laughing for about an hour and a half.

The one drawback aboutthe convention is that there were only 52 voting members, whereas in Spokane there were some 65 voting members. We had fine publicity each day we attended the Convention. On one special day we had about half a page on the first page of the second section of the Davenport Times. The other Newspapers also gave us fine wirteups.

Probably one of the most far-reaching propositions that was enacted by our convention was our "NATIONAL POLICY OF THE A.A.M.M.--- If you

If you refer back to the December 1953--January 1954 issue of our A.A.M.M News on page 3 the item "Some light on the Medico Problem" This is in some sense what our National Policy will be like. However the exact reading of this policy is not yet in the hands of your editor and we will have to publish it later when we can, and have it.

On page 13 Section 6 Article 4 of the Constitution was changed to read in part, "If the state Secretary Treas does not retain the portion of fees and dues applicable to the State Chapter, a service charge of \$1.00 will be deducted from the amount returned to the state chapter by the National Sec-treas." There is a place in the back of your constitution to copy this ammendment.

It was decided that our next Convention (National) would be in Frankfurt Kentucky. The members from Milwaukee Wisconsin wanted the next convention in Milwaukee---They promised to have a good Chapter set up by that time so that they can do a good job of handling the succeeding Convention. There were some very nice official letters inviting us.

The all over accomplishments of this convention were probably the best that we ever had. By Delegate Milton A Niedfelt

R-E-M-E-M-B-E-R

September 14th, 1954 Is primary Election day in the State of Washington---- This is the day we select or hinder those candidates that won't give --- or will give us our Message Bill--- Do you know who they are? --- only a few more days to ask them!

INITIATIVE 21

Hope all of our members are getting signatures on Initiative 21--- If this should get on the ballot and pass, it will save our A.A.M.M a lot of headaches... So lets try hard to get signatures on Init 21.

This paper will accept voluntary contributions valued at \$2.00 per year for subscriptions also cost fee per copy for extra copies from persons NOT PAYING MEMBERSHIP DUES IN THE STATE OF WASHINGTON.

No Person is COMPELLED to give \$3.00 or any other amount to our Legislative Fund--- This was voluntared by the members attending the Vancouver Convention--- They mean business, they really want Massage to prosper, and progress in Washington State--- that is why they offered of their own free will to give \$3.00 per month to the Legislative fund--- there is NO COMPULSION--- but most every member is giving this \$3.00 per month.... Send it to Mr. F.E. Bloom--Spokane Wn.

Yes! We put paid Advertisments in the A.A.M.M. News \$1.00 per inch.

We expected to put the Attorney Generals Opinion in this issue, but our Executive Committee has it for study and it is not available at thie writing.... Hope the next time...

July 27, 1954 Marks the first day for an entire generation in which there was no major war going on anywhere in the world.

United we stand for a lot of things--Divided means somebody got hooked for alimoney--- Daily Olympian. Page 79.

ADVERTISING AND ANSWERING CALLS BY PHONE NUMBER

By John Murray

The practice of advertising and answering your professional calls by phone number, instead of using your own name, or that of your office, if you have one, is to be frowned upon, by your own profession, the medical profession, and the public in general.

You have a name, and you should select a good professional name for your office, and your profession, and be proud of them. If you do not have an office, and are receiving patients in your home, or if you are making house calls entirely, do not advertise in your local paper just the word "MASSAGE", and your phone number. Be proud of your name and your profession, say who you are, what you are, and where you are. Whether you practice in your home, or go to the patients home. When your phone rings, do not just lift the receiver and give the phone number. It will sound much better to say "Scientific Swedish Massage, Miss Jones speaking" or "This is Miss Jones, Massuse, speaking" or a similar statement.

If you have an office, select a good professional name, giving your name, following the name of your office, if there should be more than one technician practicing in the same office. If there is only one in an office, I think giving the name then would be immaterial.

The reason for this procedure is this, so many unethical, illegitimate operators (I call this type Operators) in the past, have used our very fine profession, as a front for other purposes than Scientific Swedish Massage. Just about ninety nine percent of such Operators will advertise in a paper that will accept such advertising, using the one word "MASSAGE", and a phone number. I saw an advertisement in Los Angeles that said "Scrubs & Rubs, and a phone number". Such advertising methods will invariably lead to trouble for the innocent practitioner, and in the end, will lead to double trouble for every one. The unethical one will soon be under police and detective surveillance, and the ethical practitioner will be receiving unwelcome patients as a result of a wonderful profession being used as a front by the "Fast" operator.

By John Murray.

NEWS ITEM
& Editorial By M Niedfelt

Today as never before a great number of Masseurs and Massuses are flocking to Seattle, and making application to practice Massage--- just like the Gold Rush Days.

Of course the reason they are coming is because they are aware that the Massage Profession is better recognized, and has some legal status in Seattle and they believe that they can make some money.

But the reasons these conditions now prevail is because the American Association of Masseurs and Massuses have worked and succeeded in bringing these conditions about. It is possible that if a hoard of Masseurs and Massuses come here to work and fail to join us-- these conditions can be taken away from us, so we are interested in having all competent and desirable Masseurs and Massuses join our A.A.M.M.--- The Organization that worked and who are greatly responsible for these favorable conditions

We herewith invite you to contact one of our officers and consider joining and keeping these conditions.--We also invite our members and prospective members to join with us and our officers in extending these conditions through-out the entire state of Washington.

We understand that last month some 75 persons asked to take Massage Examinations in Seattle Alone.... By M.A. Niedfelt

REPORT OF THE SPOKANE LOCAL

By Mr. Leston T. Short.

We have two members who are on the sick list. Mr. Steve Mason who is in the Hospital and Mr. George Rogers who is recovering from a light stroke.

We wish them both a speedy recovery.

The Spokane Chapter has been on a vacation this Summer but will have a meeting in September.

In order to educate the public in what Massage can do for them, each member should write one or two articles about what massage can do for different ailments.

You will find a list of them in your Little Known Facts About Massage, tract.

Send your article to Mr. Milton Niefelt who will see that they get into the paper.

By Leston Short? President Spokane Local

Isn't it possible for "POOR PEOPLE" to do anything, or are we obliged to be wealthy? "FAITH WILL REMOVE MOUNTAINS..." Lets build it!

Remember that our next meeting of the Seattle Local will be out to Mr. Hatches--- Sunday Bus service is poor--- Better phone Mr. Mann to find out who can take you, and who you can take.... Lets all go. See Page 70 August 1954 Issue--- Its out to Snohomish Washington.

CASES WHICH MUST NOT BE MASSAGED.

- 1- Open wounds, lacerated skin.
2. Inflammation of the vessels (Aneurysmen)
3. Hardning of the walls of the arteries (Arteriosclerosis)
4. Fattening of the vessels (Atheromatose abnormality)
5. Varicosis
6. Gout knots, impregnation of the vessels with uric salts in case of arthritis (gout)
- 7 Thrombosis (the clogging of blood vessels through the formation of a clot (thrombus within its walls.)
8. Inflammation of the veins.
9. Inflammation of the Lymphatic vessels.
- 10 Bad swellings because of metastase can easily result in such cases.
11. Feverish patients should not be massaged.
- 12 Ulcers of the Stomache
13. Appendicitis.
- 14 Intestinal Ulcers, Hemorrhages of the intestines.
- 15 Swelling of the Lymphatic vessels.
16. Pregnant women, since by massage a miscarriage may result.
16. Hemorrhages of the kidneys must not be vibrated or shocked at all.
17. In cases of bleeding bladder, that organ must not be massaged.

The Journal of the American Medical Association announced that it would no longer accept Cigarette Advertising, H.H. Feb Pg 34

Initiative 21 results in Cooperation-----Lets get them signed.

It is proven that Massage betters the working power of a muscle and favors prompt recovery from the effects of fatigue.

There would be no Civilization if there were no Organization. Lets get Organized!!!!

O F F I C I A L

Adopted in Davenport Iowa Aug, 1954
 STATEMENT OF POLICY OF THE A.A.M.M. In Convention

It is the purpose and aim of the A.A.M.M. and it's members to work with, and cooperate with other healing professions amicably, but to be subserviant to none.

The A.A.M.M. and it's members recognize it's own limitations, but in the same token is fully aware of it's wide field of usefulness in relation to most bodily infirmities.

The A.A.M.M. and it's members will recognize and respect all ethical practitioners, and will comply and follow prescriptions sent with referred cases unless otherwise arranged or modified with the consent of both parties.

The A.A.M.M. and it's members reserve the right to accept patients for treatment without perscription within the full scope of it's possibilities not conflicting with state laws.

E-D-I-T-O-R-I-A-L

By Arthur Dunbar, Editor

Those of us who were fortunate to attend the convention at Van Couver and hear Dr. Munger speak on ethics will remember his remarks on that subject well. I refer of course to that portion of his message where he admonishes us not to say and do , or talk about others in a way that will run down others of our profession and thus the entire profession as well as other members and other professions.

It has been my good fortune of late to notice how nice many of our members are working together and how well they recommend one another to patrons whom they cannot serve themselves for one reason or another THAT IS ETHICS IN ACTION, the real test of one's good feelings and brotherly love one for another.

We would remind our readers that the primary election is coming up in early September (Sept 14--about 15 days yet) and that we should get to talk to the candidates and tell them of our interest in Massage licencing bill. Do not confine your selves to any one party but go to the candidates of both partys

Congratulations Ruth. I first had to take a few days to get over my surprise and get back my equiliberiam after the surprise. I had no idea you were interested, Well Lady! here is wishing you the most successful administration yet, and happiness in great large chunks while President. And for all that it is worth the whole hearted support of the pages of this little paper. May God bless you every effort.

By the Editor Arthur Dunbar.

This paper is put out entirely by Volenteer Labor, Therefore all th co-operation possible with our editors will be appreciated.

M-E-M-B-E-R -S-H-I-P

Contact Mr. Mann for prospects outside of Seattle-- Contact Mr. Murray--(at Washington Athletic Club) for prospects in Seattle

There is only one way to avoid evil, that is do good as a matter of habit....

END